



Teen Fitness and Wellness Tips

1. Keep moving: Why drive two blocks when you can walk? Try walking around while you are talking on the phone. Or clean your room while sorting through your thoughts or concerns.
2. No couch potatoes: Do you have the remote in one hand and a bag of chips in the other? A few chips—not the whole bag—are fine, but an apple and some fresh air are a much healthier choice.
3. Find a sport you love: Stick with it. Shooting hoops, running, kickboxing, or whatever activity you enjoy will help keep you active. Not only will you have fun, but it will also keep you in shape.
4. A few good meals: Never starve yourself. Food is fuel for the body and mind; and what you put inside will show on the outside.
5. Junk vs. health foods: Consuming entire boxes of cookies, or drinking large amounts of soda are definitely bad for your health. But there is a happy medium between junk and health foods. Remember the five groups in the food pyramid: Grains, Fruits, Vegetables, Meats, and Dairy. Find what you like, and dedicate yourself to making nutrition a priority.
6. Look out for number one: Be good to yourself. Get plenty of sleep, and take care of your skin. Don't smoke, do drugs or abuse alcohol. Surround yourself with positive and supportive people; and stay away from those who are negative.